

## **Grilled Green Beans**

Grilled green beans are best with fresh picked green beans. Formerly frozen green beans can be grilled, though they may be mushier. Some people do not like grilled green beans, as they feel the texture is of half raw green beans, which can be a stomach irritant. Green beans can be grilled in an individual packet or mixed with potatoes, butter, and even ham or bacon bits. The fuller the packet, the more time it will need to cook. Sometimes, placing the vegetables on the grill before the meat is the best way to verify that they cook completely.

### **Pre Cook Preparation:**

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Use sliced, or diced potatoes, instead of whole potatoes

#### **Visual Accommodations:**

- Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

- Bacon Bits
- Brown Sugar (diabetics)
- Butter (lactose)
- Green Beans
- Ham
- Honey (diabetics)
- Mushrooms
- Onions
- Pepper
- Pork
- Potatoes
- Spices

#### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Ham
- Substitute with: \_\_\_\_\_

**Utensils:**

Fork

Pot holders

Spoon

Pan:

Aluminum grill safe pan, or

**\*\* Aluminum grill packet**

**\*\* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

**Ingredients:****Meat:**

Optional:

1/4 cup of bacon bits, or

1/4 cup of ham

**Vegetables:**

15 ounces of green beans

Optional:

5 small new potatoes

**Other ingredients:**

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes****Preparation:**

1. Add the following to aluminum grill safe pan or

**\* Aluminum grill packet**

15 ounces of green beans

Dash of salt

Spices such as pepper to taste.

Optional:

1/4 cup of bacon bits, or

1/4 cup of ham

5 small new potatoes

2. Place pan on grill.

**Cook Temperature: Grill****Cook Time: About 15 to 20 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**